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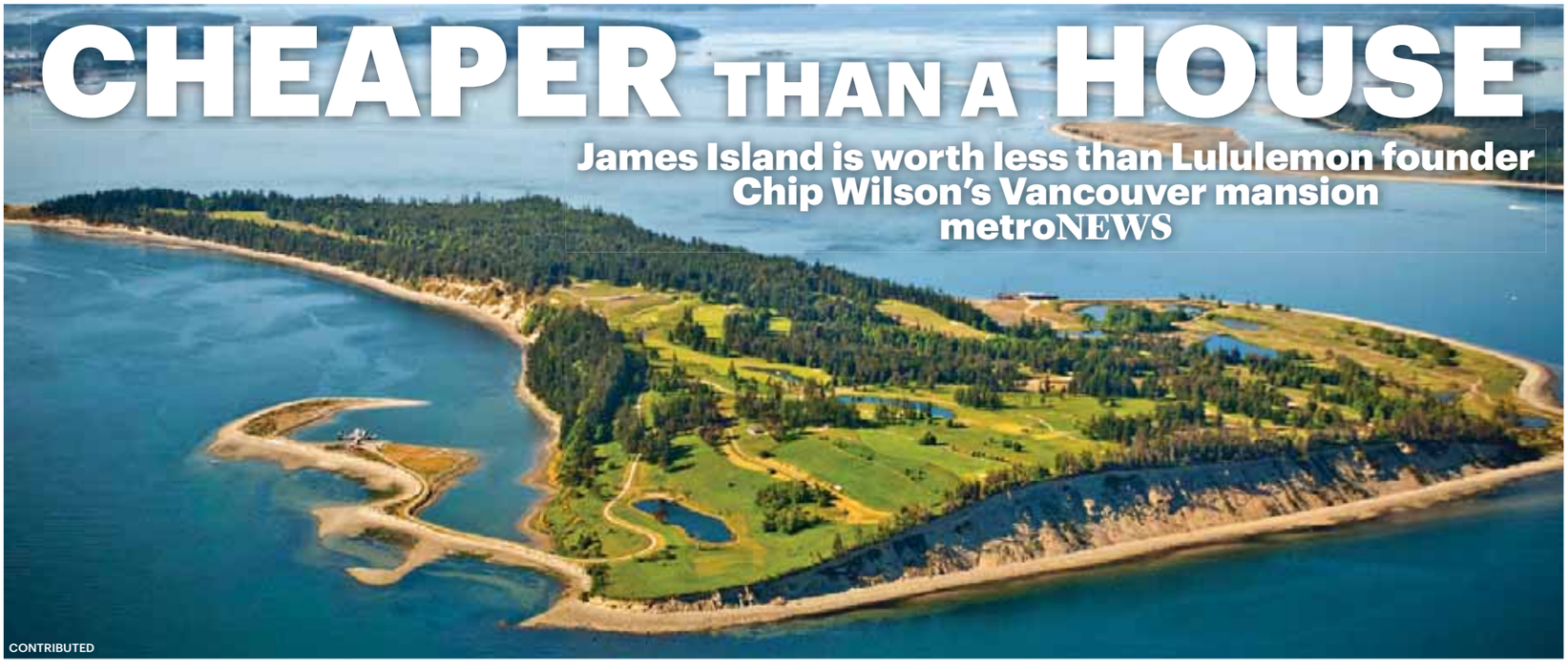

CHEAPER THAN A HOUSE

James Island is worth less than Lululemon founder Chip Wilson's Vancouver mansion
metroNEWS

CONTRIBUTED

Eagle count lowest in 30 years

SQUAMISH RIVER VALLEY

Low salmon numbers a contributor, says organizer

Tereza Verenca
Metro | Vancouver

The annual Brackendale Winter Eagle Festival and Count finished at an all-time low on Sunday, with only 411 birds spotted, compared to almost 4,000 more than two decades ago.

"I've never seen it like this," said organizer Glenne Campbell. "This was a whole new game this year."

More than 60 volunteers suited up in their warmest attire to take part in the 30th annual tally in the Squamish River Valley. Some went by foot, while others — including Campbell — went by raft.

"The river was very, very low," she recalled. "We encountered a lot of ice. We had to portage five times due to the river being frozen over."

The two rafts that were taken out couldn't complete the full journey, Campbell noted, with crews having to pull out about a third of the way into their trip.

"It was the first time we weren't able to complete it. It was pretty astounding," she told Metro.

3,769

The highest eagle count was in 1994 when 3,769 made the record books.

The low bald eagle count, meanwhile, is largely due to the low salmon runs, according to Campbell. Every November, chum salmon swim up the river to spawn and die. Their carcasses are then left along the riverbank as food for the winged predators. But climate change has played a "huge part" in disrupting this natural cycle, Campbell said, citing the rainy weather Squamish experienced last fall.

"The river rose exceptionally high. With that rising, the carcasses were all washed off the riverbank."

Another possible factor she suggested is an increase in sea lice coming from commercial fisheries. These parasites found around salmon farms can feed on juvenile salmon and kill them.

"That's a big problem we're encountering," said Campbell.

There were 637 last year and 1,617 the year before. While she couldn't say whether more eagles will return to what is known as the "World Eagle Capital," Campbell said she'll be keeping her eyes to the skies in the year ahead.

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Getting ready for the big one

BUSINESS

Quake sparks emergency kit orders from Burnaby firm

Tereza Verenca
Metro | Vancouver

The owner of a Burnaby-based company that sells emergency preparedness kits says he's been inundated with online orders since Dec. 29, the day the Lower Mainland was rattled by a 4.7 magnitude earthquake.

"It really hasn't stopped," Brian Fong, owner of 72 Hours, told Metro. "It's kind of an overload for us, too, in terms of stress level."

Staff have been working around the clock, seven days a week, to get the shipments out, Fong added. Before the quake, an order would arrive at one's doorstep within one business day. Now, it can take anywhere between four to six weeks.

"We were busy the whole year, but this kind of just shot us through the roof," he said of the modest tremor.

The current No. 1 seller is the two-person deluxe kit, which includes a six-day supply of water, a five-day supply of high-caloric food and an emergency sleeping bag. For anyone wanting to assemble their own kit, Fong suggested a few other must-haves are a flashlight, blankets and a radio.

Most people, however, are not prepared, according to a study by Prepared B.C. Fifty-eight per cent reported not being ready.

"There are people who think, 'You know what, if something happens, what can I do anyways?'

"The people we get during these emergencies say, 'We've been waiting to prepare for a long time, but have procrastinated and this disaster kind of made us go ahead and do it right now,'" Fong said.

The top three barriers for not being prepared, according to the study, were apathy (the it-won't-happen-to-me attitude), money (too expensive) and time (too busy).

Fong added lots of newcomers who move to seismically-sensitive areas may not understand the importance of having an emergency kit.

"I think it was a good wake-up call because nothing would have happened at this time," he said.

> **We were busy the whole year, but this kind of just shot us through the roof.**
> Brian Fong, owner of 72 Hours

Brian Fong, owner of 72 Hours, shows some of the goods his emergency preparedness store has to offer. Fong says the earthquake that struck the Lower Mainland on Dec. 29 was a wakeup call for many. The top three barriers for not being prepared, according to a study, are apathy (the it-won't-happen-to-me attitude), money (too expensive) and time (too busy). CONTRIBUTED

FARESAVERS

Another transit change

Matt Kieltyka
Metro | Vancouver

FareSavers will be the next product phased out as the region's public transit system transitions over to the electronic Compass fare cards.

TransLink announced on Monday that January will be the last month people can buy FareSavers — booklets of transfers purchased at a discounted price — and that they will be available only until supplies run out.

Commuters then will be forced to use Compass cards but will still be able to access the discounted prices by loading the equivalent of FareSavers into the stored value of their electronic cards.

The old paper FareSavers will still be accepted on SkyTrain, Canada Line and SeaBus until fare gates are permanently closed.

After that, they'll be accepted only on buses.

The move is the next step in TransLink's gradual roll out of the Compass card system.

Paper monthly passes were discontinued in December, and TransLink has incrementally increased the number of closed fare gates at transit stations so people can get used to Compass cards and the process of tapping in and out through the gates.

The transit authority says more than 450,000 people now have Compass cards.

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Lululemon founder's home priciest in B.C.

REAL ESTATE

Chip Wilson's house value up by more than 10% over 2015

Emily Jackson
Metro | Vancouver

Billionaire Lululemon founder Chip Wilson's oceanfront Vancouver mansion is once again the most prized home in British Columbia with a whopping value of $63.87 million — $10 million more than a private Gulf Island that comes complete with an 18-hole golf course.

The Point Grey Road fortress built by the entrepreneur famous for selling $100 yoga pants (he now invests in his family's company Kit and Ace, which sells $100 T-shirts) was once again named the most valuable residential property in B.C.'s ever-growing $1.34-trillion real-estate market, according to B.C. Assessment's 2016 property assessment roll released Monday.

Even though Wilson's home jumped by more than 10 per cent from its 2015 assessment of $57.5 million, its value increased less than most single-family homes in Metro Vancouver's relentless real-estate market. The typical detached home rose by "15 to 30 per cent, and climbing," according to B.C. Assessment. (Values of strata units increased by a "relatively modest" 10 per cent.)

Last month, the assessment agency warned more than 22,000 Greater Vancouver-area homeowners to prepare for dramatic spikes to their property values compared to neighbourhood averages.

$63.9M
Value of Chip Wilson's Point Grey Road home

The entire value of the province's real-estate market rose by 11.1 per cent from 2015, according to the assessment role. Property taxes are based on these assessments (rates depend on how much a house is worth compared to its neighbours), so rising values help fill government coffers.

The increase comes as unaffordability remains the top issue for Metro Vancouverites. There has been little political action to implement tools to cool the market. Both Premier Christy Clark and Prime Minister Justin Trudeau have expressed concerns about hurting property values.

All but one of B.C.'s Top 10 most valuable homes are in Vancouver. Five sit on the exclusive Belmont Avenue, two (including Wilson's) are on Point Grey Road, one is on The Crescent and one is on Newton Wynd (which is technically on University Endowment Lands).

The third most valuable property in B.C. is a Gulf Island near Sidney called James Island. The entire 780-acre island, including the 5,000-square-foot mansion, is valued at $51,621,000. It features an 18-hole Jack Nicklaus Signature golf course, an all-weather harbour, a private airstrip and an outdoor pizza oven.

Its Seattle-based billionaire owner Craig McCaw tried to sell the island for $75 million in 2014, but the listing has since expired.

Entrepreneur Chip Wilson's house on Point Grey Road is just one of the valuable homes amongst B.C.'s $1.34-trillion real-estate market. EMILY JACKSON/METRO

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TRANSIT

TransLink on snow alert after Canada Line disruption

Matt Kieltyka
Metro | Vancouver

TransLink is in full "snow alert mode" after the region saw a light dusting of snow Monday, causing a brief disruption along the Canada Line.

Anne Drennan, the transit authority's spokeswoman, says a train between Templeton and Bridgeport stations, near the Vancouver International Airport, stalled on the track early Monday morning because of a build-up of ice on its collector shoe.

The train, like all others along the Canada Line, had been treated with a de-icing spray the night before, but cold temperatures and humidity in the air caused the ice to build back up quickly.

Shuttles were set up between the airport and Bridgeport station while the train was taken out of service.

"They identified it immediately, and it was fairly straightforward to get out of the way," said Drennan, who said full service had resumed within an hour by 8 a.m.

The disruption corresponded with the region's first snowfall of the year.

Drennan said TransLink is in "snow alert mode" across the system.

Trains and trolley lines are being de-iced, specialized cars are on stand-by to run throughout the night to prevent ice and snow from accumulating on tracks and switches along the rapid-transit lines are equipped with automatic heaters.

"They're monitoring all the time to see if there are any issues due to the weather," said Drennan.

IN BRIEF

BC Hydro orders protesters off land slated for logging

Protesters are defying an eviction notice from BC Hydro as the utility presses ahead with land clearing near the Site C hydroelectric project along the Peace River in northeastern British Columbia.

The notice was issued Dec. 31, giving demonstrators 24 hours to leave the Rocky Mountain Fort area on the south bank of the river, a few kilometres south of Fort St. John. A Peace River Valley resident who attended the encampment says contractors appear ready to start logging a three-kilometre region — possibly as early as this week.

Verena Hofmann says protesters believe BC Hydro has no right to force them off the land in the midst of ongoing court cases, noting the territory belongs to First Nations.

THE CANADIAN PRESS

Family of Ontario man who was found dead raises funds

Friends and family of a 23-year-old Toronto man launched a fundraising drive as they face the expense of returning his body to Ontario. In posts on a GoFundMe site, the family of Ephraigm Flores say a five-day search for the nurse ended tragically on New Year's Eve when his body was found in Richmond.

THE CANADIAN PRESS

Attendance hits 80,000 at New Year's Eve party

CELEBRATION

Some sponsors have already committed to next event

Emily Jackson
Metro | Vancouver

Organizers of Vancouver's first New Year's Eve street party in decades say the festivities marked Canada's largest public celebration to kick off 2016 — and perhaps ever.

An estimated 80,000 revellers attended the family-friendly event at Canada Place that featured live music, roving performers, food trucks and a fireworks show at midnight, NYE Celebration Society spokesman Charles Gauthier said Monday.

That's five times more than the 15,000 people organizers expected to show.

"It's a huge achievement in Year 1, frankly," Gauthier said.

"Some people have said it felt like the Olympics… people were in a good mood and well behaved."

The crowd count, provided by the Vancouver police, was higher than parties at Toronto's Nathan Phillips Square (about 30,000 attendees) and Montreal's Old Port (an estimated 70,000 attendees).

Organizers of the Montreal event previously told media a crowd of 70,000 could break Canadian records for NYE bashes.

Gauthier said some sponsors have already re-committed to fund next year's event, which he hopes will be even bigger and better.

Crowds enjoy the fireworks at Vancouver's New Year's Eve Celebration on Jan. 1. JENN CHAN/CONTRIBUTED

> **It's a huge achievement in Year 1, frankly. Some people have said it felt like the Olympics … people were in a good mood and well behaved.** Charles Gauthier

Other corporations that missed out on sponsorship opportunities this year have said they want to be involved in 2017, he said.

The event cost more than $300,000 to put on. Vancouver city council unanimously approved a $125,000 grant to ensure the festivities ran smoothly.

NPA councillors had been advocating for a NYE celebration for few years, but plans didn't really get going until the Vancity Buzz editors decided to start a society.

They teamed up with Gauthier (he runs the Downtown Vancouver Business Improvement Association), Brand Live, Port Metro Vancouver, Tourism Vancouver and others to pull of the event after a false start in 2015. (They had to cancel at the last minute when they didn't raise enough cash.)

VACANCIES

Search goes on for city manager

Two of the top jobs at the City of Vancouver remain vacant as the city embarks on a new year.

The city has yet to hire a new city manager to replace Penny Ballem, who was fired in mid-September for unspecified reasons, or a head planner to replace Brian Jackson, who retired in November after three years on the job.

Recruitment is underway for both positions, city spokesman Tobin Postma said in an email Monday. But the city won't reveal more than that, including how many people the human resource department has interviewed thus far, or a hiring timeline.

When the mayor announced Ballem's departure nearly four months ago (she received more than $500,000 in severance), he said her position would be filled within three to six months.

Non-Partisan Association Coun. George Affleck understands the process is underway, but remains concerned that it will be hard to fill the jobs because of a perception that Vancouver isn't a great place to work. In Jackson's last speech to developers before he retired, he said people are afraid to apply for his job because all the "haters" and "personal and very vicious" criticism can make it feel like Mean Girls.

"My concern has always been that the challenge for finding somebody top level is that they'll be concerned about the significant number of people who have left," Affleck said Monday.

"Do they want to come into this environment that can be perceived as negative?"

EMILY JACKSON/METRO

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Actors Seth Rogen, bottom centre, James Franco, top, and producer Evan Goldberg, right, pose for a photograph during filming of The Interview at Robson Square in Vancouver, in November 2013. DARRYL DYCK/THE CANADIAN PRESS

Cameras ready to roll for busy 2016

ECONOMY

Film industry of B.C. expects plenty of work this year

Matt Kieltyka
Metro | Vancouver

Local crews are bracing for another busy year in British Columbia film and television production. After a few tumultuous years — which spawned movements like Save B.C. Film — the industry rebounded in a big way during 2015.

Crawford Hawkins, the executive director of the Directors Guide of Canada's B.C. District Council, said a stronger economy and the rise of productions from digital services like Amazon, Hulu and Netflix put additional demands on local crews and studios already busy with network TV and big-budget Hollywood productions in 2015.

He said the local industry's capacity was stretched for most of the year, forcing some productions to share studio space, alter shooting schedules or — in the case of the Minority Report television series' pilot — film in other cities until space in Vancouver opened up.

More of the same is expected in 2016. "From what we know of 2016, it's going to be as strong as 2015," said Hawkins. Hawkins said Vancouver is one of the few places in North America with a built-up production industry ready for work, experienced crews, attractive tax credits, great variety in shooting locations and existing studio space.

He disagrees with the popular notion that the local industry's success is tied directly to a low Canadian dollar, which currently makes Vancouver an even more attractive option at the moment.

> **"From what we know of 2016, it's going to be as strong as 2015."**
> Crawford Hawkins of the Directors Guide of Canada's B.C. District Council

"The major players would still be there. They like the tax credits, the crews and the facilities," he said. Vancouver's success or struggle is largely indicative of the film industry's health as a whole. The glut of work last year was a good problem to have and Hawkins is cautiously optimistic.

"How long it will continue might be anyone's guess," he said. "As we know all too well, the business does ebb and flow along with the economy."

IN BRIEF

Conservatives leader Brooks steps down

The head of British Columbia Conservatives says he's resigning as leader due to family and business responsibilities.

Dan Brooks was elected leader on April 12, 2014, taking over from John Cummins after the party's disappointing finish in the 2013 provincial election.

Brooks says it has been an honour to serve, but the leadership is a volunteer position and he has a business and a family to support. THE CANADIAN PRESS

SMITHERS

Ice jams a cause for concern for residents

Locals on the southeast edge of Smithers, B.C., are on high alert as ice jams threaten to flood the area and force people from their homes.

Chunks of ice have been gradually backing up along the Bulkley River for the past two weeks, causing waters to rise and seep into basements and crawl spaces of some nearby homes, said Bill Miller, chairman of the Regional District of Bulkley-Nechako.

"It's kind of like an orange peel, almost," Miller said. "It bunches up down the river and kind of piles up against one another."

About 15 to 20 homeowners have been warned they may need to evacuate if the water level continues to go up.

Miller said several residents left voluntarily over the holiday season, opting to stay with friends or family instead of living with the stress of a possible evacuation. Access has been cut off to one residence in the area. THE CANADIAN PRESS

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Superbug gene found in Canada

HEALTH

Scientists sound alarm on antibiotic resistance

An alarming new superbug gene that makes bacteria resistant to a last-resort antibiotic has been detected in Canada, Torstar News Service has learned.

The gene, called MCR-1, produces an enzyme that makes bacteria invincible to colistin, a highly toxic antibiotic used only when all other drugs have failed.

MCR-1 was first reported in November by scientists in China, who published a paper in The Lancet that set off alarm bells across the globe. Analyzing bacterial samples in southeastern China, researchers found 260 samples of E. coli with the MCR-1 gene on meat, hospital patients and farm animals — the likely source of this new superbug, the paper suggests.

But the news that really sent a shudder through the scientific community was that MCR-1 is located on a plasmid — a free-floating snippet of DNA that bacteria can easily share, thus spreading the resistance to other organisms.

"It's clearly the biggest story to come out (in 2015)," said Lance Price, a professor of environmental health at George Washington University, who studies antibiotic resistance. "There have been horrible things all year but this is the most disturbing."

So far, there have been no reports of deaths caused by MCR-1 and some people could be harbouring the superbug asymptomatically. But the nightmare scenario is that MCR-1 will spread to more virulent bacterial strains that also carry other resistance genes — thus creating a "pan-resistant" superbug capable of defeating every antibiotic in the medicine cabinet.

Since the Lancet paper, at least a dozen other countries have also found the MCR-1 gene. Scientists, looking through databases of bacterial samples, detected the gene everywhere from Denmark and Algeria to Laos.

Among them is Canada, where an investigation was triggered in December by the Public Health Agency of Canada. The Canadian findings have not yet been published but a case report has been submitted to the Lancet, according to Dr. Michael Mulvey, chief of antimicrobial resistance with the PHAC's lab in Winnipeg.

The superbug gene was found in three different samples of E. coli, all previously collected for special research projects: one from a 62-year-old patient in Ottawa and two from ground beef sold in Ontario.

The Ottawa patient likely picked up the bug in Egypt, where she lived for several years, according to Dr. Baldwin Toye with the Ottawa hospital, who co-wrote a 2013 paper describing her case and four others.

Meanwhile, the ground beef samples were found nearly a year apart in different locations in Ontario, a butcher shop and a grocery chain, according to Mulvey. Both were collected in 2010 — predating the samples from China, which were collected between 2011 and 2014.

"To see it show up was a surprise for me," Mulvey said. "It supports that there's global dissemination of this gene already.… We're now going to have to look back even prior to (2010), because maybe it's been around for even longer."

TORSTAR NEWS SERVICE

A worker at a poultry farm in Hefei, China, on Nov. 20. Researchers in China have found E. coli with MCR-1, which produces an enzyme that makes bacteria invincible to a last-resort antibiotic, on meat, hospital patients and farm animals. AFP/GETTY IMAGES

How bacteria fight back

Antibiotics like colistin are some of the most powerful weapons available to fight dangerous bacterial infections. Here are some ways bacteria like E. coli are evolving to defeat them.

1 Overuse
In China, livestock are given colistin in their feed; the antibiotic wards off infections and promotes animal growth. In humans, however, colistin is a last-resort treatment for bacteria like E. coli.

2 Evolution
When exposed to high amounts of colistin, the evolutionary process of natural selection kicks in. Weaker strains are killed off while bugs that can overpower colistin — due to genes like MCR-1, for example — survive.

3 Survival
Among the surviving bacteria are superbugs with the MCR-1 gene. The gene is located on a plasmid, a free-floating circle of DNA, and codes for an enzyme that makes it effectively invincible to colistin.

4 Reproduction
E. coli reproduces by copying its genetic code and dividing in two, producing a daughter cell which inherits the MCR-1 gene.

5 The spread
Bacteria like E. coli live everywhere, including in our guts. Strains that harbour the MCR-1 gene will easily spread across the globe through travel and international trade of meat.

EUROPE DENMARK, SWEDEN DEAL BLOW TO BORDER-FREE ZONE Danish police patrol the border crossing near Flensburg, Germany, Monday. Germany says Europe's system of passport-free travel across borders is in danger following the decision by Denmark to step up controls on its southern frontier. Denmark and Sweden tightened border checks Monday to stem the flow of migrants. Sweden demanded passengers travelling by train from Denmark show ID, something that hasn't been required since the 1950s. ERNST VAN NORDE/POLFOTO VIA THE ASSOCIATED PRESS

Occupation goes on at U.S. refuge

OREGON

Ranchers report to jail as protesters stay on preserve

Members of the group occupying the Malheur headquarters have a tour with media. RICK BOWMER/THE ASSOCIATED PRESS

Father-and-son ranchers convicted of setting fire to federal grazing land reported to prison on Monday as the armed anti-government activists who have taken up their cause maintained the occupation of a remote Oregon wildlife preserve.

Authorities made no immediate attempt to retake the Malheur National Wildlife Refuge, which about two dozen activists seized over the weekend as part of a decades-long fight over public lands in the West.

There appeared to be no urgent reason for federal officials to move in. Meanwhile, the armed group said it wants an inquiry into whether the government is forcing ranchers off their land after the father and son were ordered back to prison for arson on federal grazing lands.

The group calling itself Citizens for Constitutional Freedom demanded a government response within five days related to the ranchers' extended sentences.

Ammon Bundy — one of the sons of rancher Cliven Bundy, who was involved in a 2014 Nevada standoff with the government over grazing rights — told reporters that Dwight Hammond and his son, Steven Hammond, were treated unfairly.

The Hammonds were convicted of arson three years ago for fires on federal land in 2001 and 2006, one of which was set to cover up deer poaching, according to prosecutors. They said they lit the fires to reduce the growth of invasive plants and protect their property from wildfires.

The men served their original sentences — three months for Dwight and one year for Steven. But an appeals court judge ruled the terms fell short of minimum sentences that require them to serve about four more years. THE ASSOCIATED PRESS

MEDIA

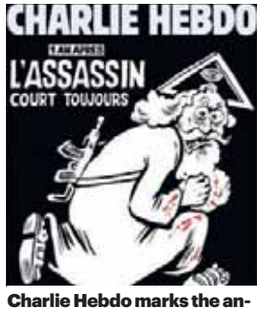
Charlie Hebdo's special edition out

In a special edition laced with blasphemy, obscenity and profanity, Charlie Hebdo's surviving artists and writers declared that the satirical newspaper is alive, but "the murderer is still at large."

The 32-page copy marking the anniversary of the Jan. 7 attack on the paper's staff accuses Islamic fundamentalists, organized religion, an irresolute government and intelligence failures for the 2015 violence in France by extremists that started with that day. Seventeen people died at Charlie Hebdo and at a kosher supermarket two days later.

Almost all of those believed responsible for the Jan. 7-9 attacks and the Nov. 13 carnage in Paris are dead as well. But Charlie Hebdo's special edition, with a front-page caricature of a bloody God wielding an assault rifle, darkly predicts that more violence is to come.

Laurent Sourisseau, the newspaper's director who goes by Riss, drew the cover and wrote an editorial describing the horror he survived that took the lives of friends and colleagues. He insisted the newspaper would remain alive because "never have we wanted so much to break the faces of those who dreamed of our deaths."



Charlie Hebdo marks the anniversary of attacks. TWITTER

The editorial "is violent and very insulting toward religion," Abdallah Zekri, president of the Observatory against Islamophobia, told BFM television on Monday.

In a series of editorials later in the edition, Charlie Hebdo takes aim at university students who wear veils or openly pray in classrooms, hospital patients who refuse medical treatment from someone of the opposite sex, and France's intelligence community. THE ASSOCIATED PRESS

IN BRIEF

Lion-hunting raffle nixed

A safari company has cancelled a controversial raffle that offered hunters the chance to kill a lion at a conservation area in Zimbabwe. Martin Nel Safaris had been selling 100 tickets at $1,500 each.

"The whole idea of it was to actually raise money for conservation," said Nel. "It's been blown out of proportion." The raffle drew criticism after reports linked it to the Wildlife Conservation Research Unit, which collared and studied Cecil, the lion whose death sparked a global outcry. TORSTAR NEWS SERVICE

Saudi's allies cut ties to Iran

Allies of Saudi Arabia followed the kingdom's lead Monday and scaled back diplomatic ties to Iran after the ransacking of Saudi diplomatic missions in the Islamic Republic, violence sparked by the Saudi execution of prominent Shiite cleric Sheikh Nimr al-Nimr.

Sudan and Bahrain said they would sever ties with Iran, as Saudi Arabia did late Sunday. The United Arab Emirates announced it would downgrade ties to Tehran. THE ASSOCIATED PRESS

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LAS VEGAS

Internet of Things big at CES

Computing devices such as smartphones, tablets, cars, television sets, microwaves, bedside alarm clocks and possibly the thermostat have the potential to get smarter by connecting to their fellows, which could open the door to a brave new "Internet of Things."

To see where that might be taking us, there's no better place than the annual gadget extravaganza formerly known as the Consumer Electronics Show — and now simply as CES.

The show, which starts Wednesday in Las Vegas, is the place for companies to show off new connected devices. These range from the seemingly trivial — for instance, smart umbrellas that message you if you leave them behind — to the undeniably helpful, such as navigation devices that display driving directions onto your windshield.

According to the McKinsey Global Institute, the value created by connecting the world's devices could hit $11 trillion US annually by 2025.

Most of the value comes from industrial uses. But trillions in benefits are expected to come from consumer-bought products: safer streets because of better-driving cars, robots that take care of household chores and health-and-fitness trackers that let us know when our bodies need medical attention.

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Grape growers say there's still time for an icewine harvest in the coming weeks despite the mild winter but worry about the impact of a changing climate. THE CANADIAN PRESS FILE

Icewine industry feels chill

AGRICULTURE

Unseasonable temperatures have delayed grape harvest

Icewine is made from grapes left on the vine when the cold hits. ISTOCK

A late deep freeze this winter may have lifted the spirits of Ontario's icewine industry, but grape growers say bigger questions about the impact of a changing climate are creeping up on their business.

Canada is one of the few countries where temperatures in wine-growing regions drop to the -8 C required for icewine.

Laura Sabourin, who runs an organic vineyard outside St. Catharines, Ont., and supplies grapes to winemakers, said the unseasonably warm temperatures over the past month have delayed her harvest, but in previous years she has picked as late as the last week of January. "The harvest is going to be down, but that's not the result of this warm winter," she said. "It's the result of two previous cold winters."

Even though icewine grapes are bred to withstand the cold, temperatures that drop too quickly can kill emerging buds and even the vines themselves — which was the case over the past two seasons, Sabourin said.

Sabourin said Canadian vineyards have to look at strategies to protect themselves in the face of a changing climate.

She said growers could bring in new varieties of grape that are designed for even tougher winters, adopt new harvesting and preservation techniques from specialized vineyards in colder climates such as burying the grapes, and diversify into other crops.

Patrick Gedge, president of the Winery & Grower Alliance of Ontario, said wine growers are investing in new technologies, such as wind machines that pull down warm air from higher in the atmosphere, to deal with shifting temperatures. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, January 5, 2016

the big number

437,400

Of interest to those of us who aren't CEOs: This is the approximate number of open jobs there were in Canada at last count (the midpoint of 2015). **The average wage on offer was $18.80 per hour**. Job seekers could consider a trek up to the Yukon, whose job-vacancy rate, at five per cent, is the nation's greatest. Head to chilly Nunavut for the best wages on offer, where the average vacant position pays a cool $28 per hour. Most of the jobs available across the country, however, likely pay far less. The most common roles employers were looking to fill in 2015 included retail salespeople, cashiers, food and beverage servers, truck drivers, customer service reps and landscaping and farm labourers. The only professional categories in the top 10 were chefs and "computer and information systems professionals" — so if you've been meaning to try your hand at learning code, now may be the time. SOURCE: STATISTICS CANADA

Trudeau's radicalism: Be good, not just better-off

Richard Gwyn

Probably because so many spokespersons from the Queen to the Pope were uttering their thoughts during the just-ended holiday season, one of these of considerable interest to Canadians got almost no attention in the press.

Its author was our new prime minister, Justin Trudeau. What he said was unique to him and to this country. Intriguingly, in the views he expressed it's possible to detect some that match those of his wife, Sophie Grégoire-Trudeau. As a further reach — perhaps one too far — it's possible to detect some that echo the opinions of Pope Francis.

We want our economy to expand ... We also want the kind of Canada we once had.

Consider for instance these sentences by Trudeau and then try to identify an equivalent in any other country.

First: "Governments can't solve every challenge. We need Canadians to do more, too."

Then some of Trudeau's examples: "We can give in tangible ways — by donating time or money to … support our more vulnerable neighbours." And: "We can be more patient and understanding." And, "I hope that this year we can be gentler with ourselves, and with others."

Then his summation: "Let's show each other what it really means to be good; to be Canadian. Let's open our hearts and share love with those around us."

Phew! All of that is most certainly unique. In just about any other country few if any leaders would dare to talk in that way. Entirely sensibly, they would fear being laughed at, and, much worse, heaved out at the next election.

Trudeau, though, dared to say it. He did this because he — and Sophie — believes in it.

It's very likely that few Canadians read or heard of Trudeau's words, most having had more important seasonal work to do such as keeping their Christmas tree, or its equivalent, more or less straight.

A valid case can be made that Trudeau wasn't elected to preach purity but to run the country more effectively.

For most Canadians these days, the most important issue is that of jobs and salaries. Former U.S. President Bill Clinton's famous comment, "It's the economy, stupid," says just about all that needs to be said.

The state of our economy is more troubling than it's been since in 2008 when we actually escaped a global depression in better shape than almost any other country.

Today, though, our economy lags behind. The global commodity boom, during which we thrived, above all in oil, has evaporated. Our dollar hasn't been as weak in years, its most troubling characteristic being that the cheapness of our currency has earned us few increases in our exports.

At such a time, though, our leader is applying himself to telling us how to be good rather than how to be better-off.

What's intriguing about this contradiction is Canadians share it. Certainly we want our economy to continue to expand in the way it once did. Almost as certainly, a great many of us also want the kind of Canada we once had, or thought we had, to be "back."

Getting both will be a huge challenge. Throughout the year 2016 it's going to be fascinating watching Trudeau recalibrate his program, which at present encompasses far too many attractive but expensive electoral promises at a time when far too little revenue is coming in to pay for them.

What Trudeau's Christmas statement thus amounted was his declaration that even if he has to step back — quite a way back, indeed — he will still hold to his ideas and dreams.

As time passes, more and more Canadians may come to regard such talk as irrelevant to our economic reality. Some may laugh at such pretensions. Alternatively, many may refuse to give up the Canada that has come back to them.

In our history, it's one of the most radical political choices we have ever had to make.

Richard Gwyn is a Toronto Star columnist.

ROSEMARY WESTWOOD

metroview

CEO salaries are as absurd as they are seemingly intractable

By 12:18 p.m. yesterday, I had accomplished quite a lot.

I woke up, for one, at the respectable time of 7:30 a.m. and rose a reasonable 45 minutes later.

I showered, blitzed a smoothie, walked to work and hit the 10:30 a.m. meeting. By noon, I'd already decided to write this column.

But that is clearly nothing compared to this country's top 100 CEOs. By 12:18 p.m. on Jan. 4, they had already made $48,636 — otherwise known as the average Canadian's entire salary for the year.

They must have done something to earn it.

Most likely rose well before 6 a.m., thus proving their productivity just by getting up. They probably did a morning workout (it's a regular in the CEO routine) and then found a way to turbo-charge the dragging Canadian economy.

Not quite? Well then. They got up, exercised, and cured our dependency on oil.

Okay, fine. They got up, exercised, and solved child poverty (which afflicts 40 per cent of indigenous children).

Or: They got up, exercised, and helped us all live healthier lives, with less personal debt, greater access to quality food, and better health care.

Wait: Maybe Mark Thierer, CEO of Catamaran Corp., actually did that. His company sells pharmacy benefit and medical record-keeping software, so that must be what his $16.3 million is for.

It's a lot, but he's got nothing on BlackBerry's John Chen, worth $89.7 million a year.

The figures, crunched by the Canadian Centre for Policy Alternatives, are depressing. You still have a year's worth of work hours left to earn your $48,000 and change.

It reminds me of The Big Short, which, if you haven't, you should see. The movie is a sad/funny condemnation of the arrogance and impunity that caused the 2008 crisis. It notes that none of the very well paid executives running the banks were prosecuted for the disaster, and, as outlined in the Canadian CEO study, high salaries hardly took a hit when the economy crashed. Sure, some people are going to be richer than others, but the only argument for CEO salaries is that they represent the status quo. It's an absurdity matched only by the seeming intractability of the problem.

Enter the campaign to elect Bernie Sanders. Sanders has many believing that ludicrous power and wealth can be curtailed, and we'll find out this year whether that message is appealing enough to win the Democratic nomination, or even the U.S. presidency.

It'll be November by then, and you'll still face a few hundred hours of work to match what a CEO earned yesterday morning.

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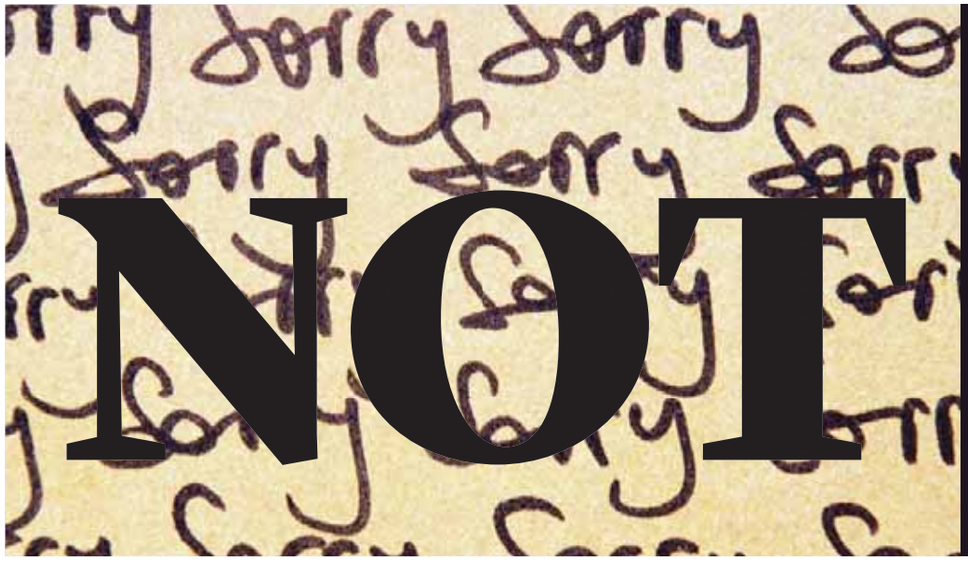

Selfish and loving it

Author Sarah Knight shares how ceasing to care can change your life

Here's a thought: what if you just quit that job you hate? Or said no to that next annoying baby shower? Or stopped pretending you like Taylor Swift?

Sarah Knight says it's possible. And it's tried and true by the writer herself. The Brooklyn-based author quit her all-consuming, six-figure New York City editing job in June and hasn't looked back. The big move was part of her journey to devote less time to people and things that annoy her.

"I stopped keeping track of my vacation days like a prisoner tallying her sentence in hash marks on the cell-block wall," she writes in The Life-Changing Magic of Not Giving a F—: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (Little, Brown and Company $20.49) a "practical parody" of Marie Kondo's bestseller of a similar name (The Life-Changing Magic of Tidying Up).

Knight's Kondo strategy is the "mental decluttering" that she names the "NotSorry Method." Like Kondo, Knight says her tips could be life-changing: "once you begin implementing NotSorry, you'll never want or need to give an extraneous f— ever again."

Instead, you'll give them to people and things that make you happy. Here, Knight talks about her expletive-ridden self-help guide.

Let's talk about the phrase at the centre of it all. What does this mentality mean — to "not give a f—"?

We all understand the colloquial expression of "not giving a f—" to mean not caring about something. So if I'm like, "I don't give a f— about Taylor Swift," I don't care about Taylor Swift. I don't want to talk about Taylor Swift. I don't want to listen to Taylor Swift. I don't want to click on articles about Taylor Swift. But what I am saying in my book is to quantify your f—s in terms of time, energy or money — sometimes two of those, sometimes all three — and literally do not give your f—s to things that you don't care about, to things that annoy you.

I love the subtitle: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do.

I'm glad, because as a publishing professional, I've spent so many years being told "negativity doesn't sell" and "don't be negative." I didn't get any pushback from my publishing team, but I had these little publishers on my shoulder whispering into my ear, "You should try to make it more positive," and I was like, no, this is the point.

There's a key difference between "not giving a f—" and being an a–hole. How do you make sure you're on the right side of that line?

I really advocate for a combination of honesty and politeness. I think that a lot of people never get to that point because they're so consumed with guilt and obligation.

Maybe somebody might say that's selfish, that you should go to that baby shower because that's your friend. But if you turn it around, do you want your friends to do things for you that you know they don't want to be doing? I think if the answer is yes, you're an a—hole. The answer should be no.

What's your advice for someone in that situation? Do you say "I can't make it?" That's sort of a lie in a way.

I talk in the book about the sliding scale of honesty. If you don't want to go to something because you don't like that person's husband and you say "I don't want to come to your party because I don't like your husband." Well, that's very honest, but it's also very rude.

The whole "NotSorry Method" is about taking levels of honesty and politeness and sliding them around on the scale like at the doctor's office when they have to move the little thing around to figure out how much you weigh. You want to find that perfect balance of honesty and politeness.

Sometimes a little fibbing is necessary. You can just say, "So sorry can't make it, have fun."

You don't have to invent a whole excuse that's like, "I can't make it because we're going to be in Philadelphia for this thing," and then you have to police your social media and make sure nobody checks you in at this place at this time. Just "I'm so sorry, I can't make it" — it's true.

TORSTAR NEWS SERVICE

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The growth of vaping subculture is creating new ways of talking about e-cigarette use. ISTOCK

Come to terms with vaping

LEARN THE LANGUAGE

Cut through haze of e-cig slang with this handy glossary

The subculture revolving around the use of e-cigarettes, or "vaping," has grown rapidly in both the United States and Canada, replete with a range of unique terms.

The following are some commonly used words and phrases in the vaping world.

ADV
"All day vaping" — many like to vape continuously throughout the day and will typically seek a milder flavour of e-juice — the liquid from which inhalable vapour is produced — usually steering away from exotic blends.

Cloud chasing
A competition to see who can produce the largest vapour puffs. Cloud-chasers prefer larger amounts of vapour per drag and blow rings into the air.

Coil
The metal heating element in an e-cigarette that produces vapour from e-juices. Different designs and heating speeds can affect the strength of a drag off an e-cigarette. Coils are usually cleaned every couple of days.

PG/VG ratio
A measure of the vapour-vs-flavour balance in e-juice. It refers to the ratio of two major ingredients, propylene glycol and vegetable glycerin. More VG produces thicker clouds of vapour, but will dampen the flavour.

CREAMY
Creamy e-juices are more redolent with non-fruit flavours such as peanut, custard, coffee and chocolate.

Stealth vaping
The opposite of a cloud-chaser — stealth vapers seek smaller volumes of vapour for more discreet vaping in settings such as the office or a restaurant.

Throat hit
Refers to the intensity of a vaping hit. A good throat hit is analogous to that of a strong cigarette and can be affected by nicotine levels.

Vape on
An oft-uttered rallying cry for vaping enthusiasts. AFP

FITNESS TRENDS

Work out like the stars

A roundup of celebrity-loved workouts that are set to become even bigger in 2016 includes:

Ballet
Thanks to Victoria's Secret Angels putting their runway-ready bodies down to barre classes, 2015 saw ballet-inspired workouts replacing yoga and Pilates class, but 2016 will see what could have been a passing fad develop into a serious fitness trend. Ballet devotees include Gigi Hadid and Victoria's Secret Angel Lily Aldridge.

Boxing
Many of the Victoria's Secret Angels also maintain their high fitness levels and sculpted bodies with boxing. Longest-running Angel Adriana Lima has been a devotee for over 10 of her 16 years as an Angel. But it's not just models who will help the rise in 2016 of boxing's popularity. Holly Holm, who recently beat high-profile Ultimate Fighting Championship (UFC) fighter Ronda Rousey, is an ex-professional boxer.

TRX
Developed by an elite Navy SEAL commando, TRX uses just one piece of equipment, the TRX Suspension Trainer, which enables you to practice over 300 exercises. Jennifer Lopez, Gisele Bundchen, and Gwen Stefani, are all rumoured celebrity fans. AFP

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Don't break pace this winter

RUNNING

No need to join a gym to train for that marathon

No, your lungs won't freeze.

That fear is one of many that keeps some runners from getting outside in winter as well as fear of slipping and fear of frostbite. But you can run all winter long, no matter how far the mercury slips below zero.

Most people will be just fine — as long as they keep moving, seasoned winter runners say.

Ask ultra-marathon runner Katherine Yager. She ran 1,000 kilometres between December and March last year training for a spring "50-miler" or 80-km race in Haliburton, Ont.

She covered 22 km on the treadmill. For the rest, Yager faced the polar vortex. Her nose ran uncontrollably and her eyelashes froze together.

"I don't think any cold is too cold," she said. It's uncomfortable, sure, and she worried about frostbite, but it was road conditions that drove her inside: ice increased the risk of a slip and fall and the odd blizzard made it hard to see.

Yager, 26, dresses strategically, arranges her longer runs for milder days, fills her bottle with warm water and tries to head out during the meagre hours of winter sunlight.

"I find it really rewarding in the winter to know I've spent all this time outside and people spend all day inside," she said. "We live here and winter is a part of that. I like being able to run outside all year round."

If you keep running, you will continue to generate enough body heat to stay safe, said Matthew Cramer, a post-doctoral fellow at the Institute for Exercise and Environmental Medicine at the Texas Health Presbyterian Hospital. Cramer, from Toronto, did his doctorate at the University of Ottawa and studies the interaction between endurance and temperature.

In the two decades that Burlington, Ont. has hosted the Chilly Half Marathon, in early March, it's never been cancelled because of inclement weather, said race director Kelly Arnott.

Five of those years have brought extreme cold or storms, but 3,500 runners are expected on March 6, 2016.

No one suffered hypothermia during the event, as far as Arnott knows. However, finishing times might be slower.

That cough and shortness of breath some people experience when they exert themselves in the cold is known as exercise-induced bronchoconstriction, and has more to do with winter's dry air than the temperature, no matter how cold.

Less blood may be diverted to the skin to conserve heat. Exposed fingers might experience the "hunting response," which is an occasional resupply of warm blood to cold extremities; though frostbite can also happen with prolonged exposure to the cold.

Run all the way to your front door: as soon as you slow down, a combination of sweat evaporation, a drop in heat generation and wet clothes will make you feel even colder. Overdressing and thus overheating can cause the same problem, so choose your winter workout gear with care.

It's also a myth that you always lose the most heat through the head. What is not covered will lose heat. But the ears and nose have a higher risk of frostbite than some other parts of the body because they are far from moving muscles that generate warmth.

Despite predictions of an upcoming winter more mild than miserable, even the most dedicated runners need added protection from the wind and snow.

"People underestimate their ability to handle the cold when they're running," said Mike Anderson, co-owner of Toronto's retail store and training hub Black Toe Running. "One of the most common things we hear is that people are scared to run in the cold ... But running in winter is actually extremely enjoyable."

That is, if you're dressed for it. Run with a friend and bring a TTC token or some cash just in case. TORSTAR NEWS SERVICE

Keep moving and you'll generate enough heat to stay warm. THE ASSOCIATED PRESS FILE

LAYERS

Runners will often remember a thermal base layer or windbreaker, but sometimes forget about the legs, said Mike Anderson, who sells "bun warmer" shorts and thermal boxer briefs worn underneath running tights at Black Toe Running. Layers of technical material or thin merino wool make more sense than feather down, which can actually be too warm, he said. A running jacket's primary purpose is wind protection and should have good ventilation, and it's a good idea to start out cool and warm up with effort. Don't wear a regular winter jacket — you will overheat and when sweat dries, it could freeze.

Sugoi MidZero Bun Toaster Shorts

UA Layered Up Beanie

VISIBILITY

Jackets that glow in the dark, shoes and socks with reflective patterns, brightly coloured vests: anything that helps drivers see runners, especially at night. You can also buy tiny flashing lights that attach to outerwear to alert drivers and others.

Fuel LED Armband

Nike Air Zoom Pegasus 32 Flash

FOOTWEAR

The uneven terrain of snow and ice can actually strengthen a runner's leg muscles, but it can also wear them down. "People are more prone to overuse injuries in winter than they are in the summer," Anderson said. Many runners wear compression stockings to improve circulation and stability, and some wear trail shoes or Yaktrax, a slip-on traction device worn over the shoe.

TOUCHSCREEN GLOVES

Runners can use their phones to update their running apps or take a photo — or Uber an escape — without having to remove their gloves. For very cold days, mittens will keep hands toastier than gloves, but some can be converted back to gloves after a warm-up.

MEC Deploy Run Gloves

GOGGLES

Some websites recommend ski goggles and some runners swear by their polarized lenses on those cold, sunny days when the snow is blinding. Others wear sport sunglasses, which look a little more reasonable. You can wear a balaclava to keep your face warm.

Oakley Radar Path Photochromic glasses

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OK, I'll get right on that... next year

PROCRASTINATION

Psychology behind New Year's resolutions

You're going to get fit, save more money and drink less booze. But when the clock strikes midnight, do you actually commit?

New Year's resolutions are easy to make and notoriously difficult to follow through on. According to one Carleton University professor, there's an easy way to explain it — cultural procrastination.

It's a theory that New Year's resolutions are rooted in themselves "culturally prescribed procrastination," meaning we're culturally primed to procrastinate by making a resolution for a future date, instead of committing now, said Tim Pychyl, an associate professor of psychology at Carleton and the author of Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change.

But that doesn't mean you should throw out your goals.

Here, Pychyl talks about why we procrastinate and how to give yourself a better shot at New Year's resolution success.

What is cultural procrastination?
We always have good intentions that we don't follow through on. That's what procrastination is — the gap between intention and action. When you look at New Year's, by definition, you're making your intention to start at least days from now, if not weeks or months from now. That gap between intention and action is why I call it culturally prescribed procrastination. Because if you recognize, for example, that you should get more fit, you should change your diet or you should quit smoking, there's nothing like a good intention now where no action is required to make you feel good. If you recognize these things, then why aren't you asking yourself the question, 'What can I do right now to make that change?' That's why New Year's resolutions by definition have an element of procrastination to them.

"We want to feel good now. When we procrastinate, that's exactly what we get." ISTOCK

What are some other examples of cultural procrastination?
That's the biggest one. There's always been this notion of a rebirth, hope springing eternal, a point where we get to start afresh. That's why New Year's, on the one hand, has a lot of virtue attached to it, and on the other hand, can be used in a backhanded way to perpetuate one's own procrastination.

So why do we do this — procrastinate?
(Laughs) Procrastination is an emotion-focused coping strategy. That's why New Year's resolutions are so perfect for this because it's a hedonic thing. We want to feel good now. When we procrastinate, that's exactly what we get. We're facing something we don't want to do and it's a mood repair, an immediate mood repair. So I'm looking at myself and I'm thinking, 'My pants are tight. I should lose a few pounds.' But the last thing you want to do is exercise so you make the intention for the future, which makes you feel good...

How should someone approach New Year's resolutions? Should we scrap them?
No. I think hope and the notion of starting again are very important. Say you do intend to do this in the New Year, then move away from these general, vague, anemic intentions to very specific implementation intentions. You also have to be prepared for the negative emotions Jan. 2. That's huge — you are not going to feel like it in the New Year. Just get started — that's my big mantra. Quite important too, is you have to have some self-compassion, particularly self-forgiveness. We've done a study that shows procrastinators that forgive themselves after procrastinating are less likely to procrastinate in the future. When we procrastinate, if we don't forgive ourselves, the motivation is to avoid. TORSTAR NEWS SERVICE

MINDFULNESS

Meditation can help you achieve your resolutions, whatever they are

New Year's resolutions can be all over the map. Maybe you're making small tweaks, like trying to work out more or eat healthier. Or maybe you're striving for big changes — quitting smoking or losing weight. Whatever your resolutions for 2016, mindfulness experts say this popular meditation strategy can help you realize your goals.

If you want to give up a bad habit, pay attention to your emotions, a psychologist says. TORSTAR NEWS SERVICE

What is mindfulness?
Mindfulness is a mental state that's achieved by focusing your thoughts on the present. That means you're conscious of your feelings and bodily sensations, and not just living your life on autopilot.

"Are you really tasting the strawberries, or are you just shovelling them in your mouth? If you're talking to a friend, are you paying attention to all the non-verbal cues?" says Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto.

Focus on the positive
When it comes to New Year's resolutions, mindfulness strategies can help you shift your focus. Say you want to butt out for good. Sure, you're losing the pleasure of nicotine, but Kelly says practicing mindfulness can help you focus on what you're gaining instead.

"It's important to think about what about this will be positive or rewarding for me. I'll enjoy not having the smell of cigarettes on my clothing, I'll enjoy sharing with my friends that I've made this change," he says. By being aware of the positive gain, you're shifting your mind towards success.

Practice urge-surfing
If you're trying to give up a bad habit — constant snacking, or regularly creeping your ex on Facebook — you should try "urge-surfing," says psychologist Jonathan Kaplan, director of the SoHo CBT + Mindfulness Center. That means paying attention to your emotions, and the internal and external conditions fuelling your decisions.

With emotional eating, for example, it's easy to reach for the nearest bag of chips because you're acting on autopilot, Kaplan says, rather than paying attention to your feelings and motivations for eating. "If we don't give into that urge, it'll subside," he says. "We just have to ride or surf it out."

Start actually meditating
You can apply mindfulness principles in your life, but actually practicing meditation can be the best way to overhaul how you think on a regular basis. Formal meditation starts building our ability to sustain our attention for longer periods of time, and "cultivating that attitude of acceptance," says Kaplan. Even just a few minutes at a time can help you get on track. TORSTAR NEWS SERVICE

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GOSSIP BRIEFS

Leo's single again
Leonardo DiCaprio has reportedly called it quits with Sports Illustrated model Kelly Rohrbach after about six months of dating.

"They've been broken up for over a month," a source tells Us Weekly. "It was mutual. They both have intense work schedules and a lot going on in their lives."

Looks like Hollywood's reigning bachelor is back to his old ways. NED EHRBAR/METRO HOLLYWOOD

Pregnancy rumours
Gwen Stefani and Blake Shelton have hit another milestone in their celeb romance: the unsubstantiated pregnancy rumour. Star magazine reports that Stefani and Shelton spent the holidays with a bit of extra cheer due to a supposed bun in Gwen's oven just a few months into their relationship. But just because they could be expecting, doesn't mean they'll be tying the knot. "Gwen is hoping for a wedding, but Blake's not ready," a source warns.
NED EHRBAR/METRO HOLLYWOOD

Emerging filmmaker gives Netflix public shaming
Filmmaker Xavier Dolan is none too pleased with the way Netflix is handling his acclaimed film, Mommy — specifically how they've messed with the aspect ratio.

"Who has bestowed on you the right to revise my choices, and how competently have you pondered the impact of such decision both on my film and the public?" Dolan writes in an open letter to Netflix U.K. posted on his Twitter account.

"You did not direct this movie. You did not write this movie. You did not produce this movie. So can anyone or anything except me warrant the liberty you took upon my work? No." He seems pretty upset. A Twitter response from a Netflix account representing the U.K. and Ireland thanked Dolan for alerting them and said only "we are looking into this" but chances are they're in shock from a filmmaker having guts to publicly say anything bad about Netflix.
NED EHRBAR/METRO HOLLYWOOD

JOHANNA SCHNELLER WHAT I'M WATCHING

The rom-com gets depressed

THE SHOW: You're The Worst, Season 2, Episode 12 (FX Canada)
THE MOMENT: The Ultimatum

You're The Worst creator Stephen Falk is trying to deepen the rom-com genre but he isn't pulling it off with a plotline involving character Gretchen's bout of depression . BYRON COHEN/FX

Sharp-tongued music promoter Gretchen (Aya Cash) lies stone still on a daybed, facing away from her boyfriend Jimmy (Chris Geere), a British expat novelist, with whom she lives in Los Angeles. She won't talk to him.

"Snap out of it!" Jimmy berates her. "Stop it stop it stop it. You're being dramatic and self-pitying and frankly, it's unbecoming.

If she keeps this up, he threatens, he's leaving. With another woman. His phone beeps. It's a text from Gretchen.

"Leave the door unlocked," he reads aloud. "I may want to order food later."

Throughout Season 1 these two cynics, who reject romance, found themselves falling for each other. Each episode posed a relationship test: Should I spend the night? Should we admit we're dating? Should we be exclusive? To their astonishment, they kept passing. But at the beginning of this season, they ran smack into a truly serious problem: Gretchen suffers from depression, and it's pulling her down again. Jimmy can't, or doesn't want to, help her. All fun screeched to a halt.

Series creator Stephen Falk is obviously trying to deepen the rom-com genre, and I admire him for that. As disconcerting as it is when your hilarious friend suddenly gets serious, comedy can and should go to uncomfortable places. But that's not the problem here. The problem is, Falk hasn't pulled it off.

It's great that he treats the disease seriously. But he's gone down a rabbit hole, and I don't see how he can snap out of it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

"We wanted it more": Russian coach Valeri Bragin didn't mince words when asked what the difference was between his team and the U.S.

Nucks lack teeth vs. Yotes

NHL

Arizona remains ahead of Vancouver in Pacific Division

Cam Tucker
Metro | Vancouver

Coyotes centre Laurent Dauphin crashes into Canucks goalie Jacob Markstrom at Rogers Arena on Monday night.
JONATHAN HAYWARD/THE CANADIAN PRESS

Bo Horvat barely finished his celebration.

His first goal since Nov. 2, a span of 27 games, got the Vancouver Canucks into a tie game at one-goal apiece with the Arizona Coyotes during the second period at Rogers Arena before the hosts promptly surrendered the lead back to the Desert Dogs.

It took all of 19 seconds for the Canucks to find themselves once again playing catch-up to the Coyotes, and with an otherwise patchwork lineup in a Pacific Division tilt.

The end result was a 3-2 loss on Monday.

The Canucks entered this game one point back of the Coyotes for second spot in the division. They're now three back of Arizona, and currently on the outside of the Western Conference playoff picture.

With his former London Knights teammate and now Coyotes rookie forward Max Domi in the box for goalie interference, Horvat chipped a loose puck by Arizona goalie Louis Domingue for the power-play goal.

That not only snapped Horvat's personal goal drought, but Vancouver's drought on the power play. The Canucks hadn't scored with the advantage since Dec. 9, a span of nine games.

But a sloppy defensive breakdown shortly after the Horvat equalizer allowed the Coyotes to retake the lead on Laurent Dauphin's first career NHL goal.

Shane Doan opened the scoring for Arizona earlier in the second period.

MONDAY In Vancouver

3	2
COYOTES	CANUCKS

Former Canuck Brad Richardson helped set it up, as he got the puck back to the point and Doan scored on the deflection.

Doan added another in the third period — a tap-in after Tobias Rieder's initial shot snuck through the legs of Jacob Markstrom and hit off the post.

The Canucks did make things interesting.

The Coyotes appeared to take a three-goal lead, but head coach Willie Desjardins challenged the play for an offside and got the goal overturned upon further review.

Seconds later, Daniel Sedin, who had some of his teeth knocked out in the first period, got the Canucks to within a goal.

That was as close as the Canucks got. They host the Carolina Hurricanes on Wednesday.

IN BRIEF

Sekera makes winners of Oilers in overtime

Andrej Sekera scored the overtime winner and Cam Talbot made 29 saves to earn his first shutout of the season as the Edmonton Oilers won their second game in a row, defeating the Carolina Hurricanes 1-0 on Monday.

The Oilers (17-21-3) have won nine of their last 11 games at home.

The Hurricanes (16-18-6) are on a two-game skid.

THE CANADIAN PRESS

Irving, Cavs roll over Raps

Kyrie Irving scored a season-high 25 points, J.R. Smith had 24 on eight three-pointers and the Cleveland Cavaliers defeated the Toronto Raptors 122-100 on Monday night.

LeBron James, who didn't play in the fourth quarter, had 20 points and seven assists in 31 minutes as all five Cleveland starters finished in double figures.

Kyle Lowry led Toronto with 23 points.

THE ASSOCIATED PRESS

Vancouver MMA fighter slated to defend title

Vancouver-based fighter Bibiano (The Flash) Fernandes will defend his One Championship bantamweight title against Filipino challenger Kevin (The Silencer) Belingon on Jan. 23 in Changsha, China.

Fernandes (18-3-0) is riding a 10-fight win streak and has not lost since December 2010.

THE CANADIAN PRESS

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IN BRIEF

Real Madrid fires Benitez, Zidane put in charge

Real Madrid fired coach Rafa Benitez on Monday after only seven months and replaced him with its former star player, Zinedine Zidane.

Club president Florentino Perez announced the decision at the Santiago Bernabeu stadium on Monday, a day after Madrid's 2-2 draw at Valencia deepened a crisis that started with an embarrassing 4-0 home loss to rival Barcelona in November.

Real Madrid is third in the Spanish league, four points behind leader Atletico Madrid and two behind Barcelona, which has a game in hand.

THE ASSOCIATED PRESS

Williams withdraws from Hopman Cup with injury

Serena Williams withdrew from her opening match at the Hopman Cup on Monday because of inflammation in her left knee, an early setback in her preparations for an Australian Open title defence.

The top-ranked Williams practiced ahead of her scheduled season-opener against Elina Svitolina of Ukraine in the international mixed-team competition at Perth Arena, but withdrew from the match and was replaced by Vicky Duval.

THE ASSOCIATED PRESS

Unpaid bills turn Rio Olympic stadium dark

The track and field stadium for this year's Rio de Janeiro Olympics was without power Monday with the city hall and Rio soccer club Botafogo blaming each other for unpaid utility bills.

"We have to find out who is responsible for the debt," the club told The Associated Press in a statement. THE ASSOCIATED PRESS

Coughlin resigns as Giants head coach

Tom Coughlin, who returned the Giants to NFL prominence by winning two Super Bowls, resigned Monday after missing the playoffs for the fourth consecutive year.

Tom Coughlin GETTY IMAGES

The Giants announced the decision one day after the Giants (6-10) capped their third straight losing season with a 35-30 defeat against Philadelphia.

THE ASSOCIATED PRESS

Matthews 'is the real deal'

WORLD JUNIORS

Cream of 2016 draft crop impressing pro scouts

Jesse Puljujarvi and Patrik Laine have one thing Auston Matthews does not: a shot at a gold medal at the world junior hockey championship.

Puljujarvi and Laine have joined the conversation as possible top picks in June's NHL draft in large part because of their contribution on the first line on Team Finland, which plays Russia on Tuesday for the gold medal.

Matthews, however, remains a no-brainer for the first pick overall even though the Americans will face Sweden — and another draft-eligible, Alexander Nylander — for the bronze.

"Matthews has shown throughout the tournament he is a franchise player," said Mark Seidel, chief scout for the North American Scouting Service, an independent service. "He has been the guy that every team game plans against and still been phenomenal.

"Some will suggest guys like Puljujarvi and Laine have gotten into the conversation for No. 1, but don't believe it."

Every year, the world junior tournament has a handful of important undrafted players. But this year, it's a bonanza for scouts, especially for teams that might be picking in the top five, especially since those five might still be playing.

Matthews has been the focus of attention since last year's world juniors. Because his birthday is Sept. 17, he just missed last June's draft cutoff for players — they must be 18 by Sept. 15. Many believe he'd have been a top-three pick last year along with Connor McDavid and Jack Eichel.

"(Matthews) is the real deal," said Dan Marr, chief scout for NHL Central Scouting. "This kid only has an on-switch. He's even hard to play against in practice. He'd have been in the mix with Eichel and McDavid."

Matthews, however, ran into a bit of a brick wall against the Russians, a team of older players.

"I thought we really clicked well and as a team we played unbelievable as well," he said. "We gave 110 per cent and obviously, like I said, it's a tough pill to swallow with losing in the semifinals."

TORSTAR NEWS SERVICE

Auston Matthews missed the age cutoff for the 2015 NHL draft by two days. SEAN KILPATRICK/THE CANADIAN PRESS

FINAL

GOLD-MEDAL GAME
Finland vs. Russia, 10:30 a.m.

> **He plays the game at full speed all the time.**
> U.S. coach Ron Wilson on Auston Matthews

TOP-TIER TALENT

Finland's Jesse Puljujarvi, pictured, leads the tournament with 15 points. His teammate Patrik Laine and Auston Matthews of the U.S. are tied for third with 11 points, though Matthews' seven goals leads the tournament.

GETTY IMAGES

NFL

Seahawks receive Lynch boost

Perhaps Pete Carroll and the rest of the Seattle Seahawks were correct when they said their loss in Week 16 was a one-time aberration on their way to the playoffs.

The Seahawks' resounding 36-6 rout of Arizona to close out the regular season on Sunday backed what Carroll and his team had been saying all week in the lead-up to the finale: that they could recapture what had led them from a 4-5 mark to a fourth straight post-season berth.

And as they get ready to face Minnesota in the NFC wild-card game on Sunday, the Seahawks are also getting a familiar face back for the first time in nearly two months: Marshawn Lynch.

Marshawn Lynch GETTY IMAGES

"This was about momentum," Carroll said. "You guys ask about it. Do you need it? You want it if you can get it. We feel good about where we're going."

Seattle closed the season with six wins in seven games, and the blowout of the Cardinals answered all the questions that were raised when the Seahawks stumbled in a home loss against St. Louis a week prior. Making Seattle's performance even more impressive was the number of key contributors that were spectators. Starting offensive linemen Russell Okung and J.R. Sweezy, starting tight end Luke Willson and standout strong safety Kam Chancellor all missed the game with injuries.

And yet, the Seahawks built a 30-6 halftime lead and were able to pull most of their starters for the fourth quarter. Just in time for the post-season, the Seahawks will add Lynch back to an offence that averaged 32 points and 413 total yards per game over the final seven weeks of the regular season.

THE ASSOCIATED PRESS

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RECIPE Baked Eggs with Mushrooms

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This light yet comforting dinner is perfect for a night when you get home late feeling like you can't possibly cook.

Ready in
Prep time: 20 minutes
Serves 2

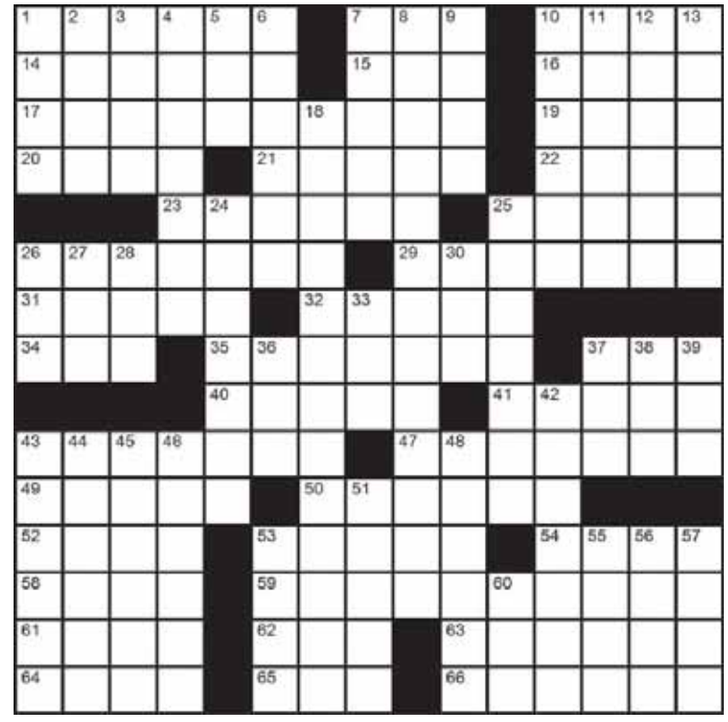
Ingredients
- 2 Tbsp butter
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- 3/4 tsp fresh thyme (maybe 1/2 tsp if you're using dried)
- 1/2 cup Fontina cheese, grated
- 2 eggs
- Salt and pepper to taste

Directions
1. Preheat the oven to 400 F.
2. In a small-ish, oven-safe pan, melt your butter over medium heat. Add the garlic, mushrooms and thyme. Allow the mushrooms to soften for about 3 minutes.
3. Sprinkle the grated cheese evenly across the mushrooms.
4. Now crack the eggs, side by side, over all of it. Slide the pan right into a hot oven. Ten minutes will give you firm whites and slightly runny yolks. Eggs are a very personal business so keep an eye on them!
5. Serve with warm, buttered toast.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Brains
7. Printer resolution meas.
10. Apple variety
14. Coffee style: 2 mots
15. Alphabetical, e.g.
16. "Z" (1969) star Mr. Montand
17. Family member who dies of a stroke in The Grapes of Wrath: 2 wds.
19. Rat rivals
20. Bypass
21. Tenor role in 1892 opera Pagliacci
22. Big name in shoes
23. More grey
25. Actress Kathy
26. Swimming gear
29. CGI = Computer-generated _
31. _ Scialfa (Bruce Springsteen's wife)
32. Gardeners, at times
34. St. John's International Airport code
35. Suggest
37. Stallion's snack
40. Sulky
41. "Cheers" role
43. Parking penalties
47. Belonging to Canadian actor James Doohan's character on "Star Trek"
49. Broadcasting: 2 wds.
50. Department store of yore
52. Not is
53. Mary _ (William Shakespeare's mom)
54. Russian car
58. Swag
59. Trivial Pursuit, and others: 2 wds.
61. Fashion magazine
62. Pre-AD years
63. Federal government centre
64. Jerry's showbiz partner
65. Mythological beatified spirit
66. Canadian hockey great Cam's surnamesakes

DOWN
1. Droops
2. Gloom
3. Jai _
4. Protective wall or embankment
5. Hint
6. Charlie Chaplin grew/wore one, informally
7. "Lorna _" (1951)
8. Ontario band that makes one think of another part of the country: 2 wds.
9. Oliver! song: "_ _ Anything"
10. Athlete's stuff-carrier: 2 wds.
11. Fly
12. Dr. in "The Silence of the Lambs" (1991)
13. Similarly not difficult: 2 wds.
18. Elvis Presley movie: 2 wds.
24. Doll sister of Barbie
25. Having been the inspiration, as per movies: 2 wds.
26. Have the drone do a looksee
27. Refuser's ritzy response
28. Baseball great Mel
30. _. Fields (Brand of cookies)
33. Decide
36. Decompose
37. Old _ (Not in style)
38. "_ takers?"
39. Thumbs-up
42. 1959 Ricky Nelson hit: 2 wds.
43. Slogged away
44. Footwear accessory
45. Prairies-grown oilseed crop
46. _ heels (Retro style shoes)
48. Mike _, Montreal Canadiens goalie
51. Recipe's salt amount: 2 wds.
53. "Waterloo" band
55. Mrs. George Clooney
56. Damp
57. Botanist Mr. Gray's
60. Bell Atlantic + _ _ _ = Verizon

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Little things will seem less important. But where money matters are concerned be careful you don't let things slide — the line between making a profit and making a loss is not as wide as you seem to imagine.

Taurus April 21 - May 21
Your confidence will soar. You will believe in yourself with every fiber of your being and that belief will make the impossible possible. Don't expect loved ones and colleagues to always be on the same level though.

Gemini May 22 - June 21
Things may look a little gloomy. You won't find it so easy to reach out to the world but that's okay. Try looking in at yourself for a change.

Cancer June 22 - July 23
Someone new will come into your life. Whether or not the friendship stands the test of time remains to be seen but even if it is short-lived it will give you an emotional lift and help restore your faith in people.

Leo July 24 - Aug. 23
You'll attract the attention of some important people. If you play your cards right you might soon be a VIP. The cream always rises to the top.

Virgo Aug. 24 - Sept. 23
Life is good and about to get better. No, really. Even with Mercury, your ruling planet, beginning one of its retrograde phases today you can't help but be more open, outgoing and optimistic.

Libra Sept. 24 - Oct. 23
You'll get the chance to make some serious money, but you could also lose money if you get carried away and start thinking you can't fail. Is there a hidden catch? There may be.

Scorpio Oct. 24 - Nov. 22
No one is immune to your charms. You know exactly what words to use to win others over and you know that even if they resist it is only a matter of time before they give you what it is you desire. You're unstoppable.

Sagittarius Nov. 23 - Dec. 21
Make your routine less exhausting. Find ways to get colleagues to shoulder more. Just because you can do most tasks better than them does not mean you should do everything.

Capricorn Dec. 22 - Jan. 20
This should be one of the most enjoyable times of the year — the only thing that can spoil it is self-doubt. Ignore the voice in your head that says you're out of your league. You're in a league of your own!

Aquarius Jan. 21 - Feb. 19
Let loved ones know what you think of them today, even though it may be less than flattering. Don't worry that you might hurt their feelings. The truth is important.

Pisces Feb. 20 - March 20
You don't care in the slightest what others think — go out of your way to shock today. Life is too short to waste time wondering if others approve of your words and actions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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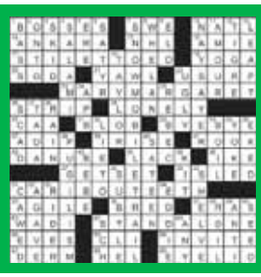
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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8	3	7	2	9	1	5	4	6

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